



Welcome to the Renal Diet Headquarters Podcast with your host, Mathea Ford, CEO of Renal Diet Headquarters. This is our weekly talk about how you can succeed with a kidney diet, brought to you by RenalDietHQ.com, a website whose mission is to be the most valued resource on kidney disease that people can use to improve their health.

Hello, this is Mathea Ford, and this is the Renal Diet Headquarters podcast

number nine, being released on February 19, 2014. You can find our show notes and the information I talk about at RenalDietHQ.com/009.

Yayyy, we are almost to number 10. So, I hope you had a wonderful Presidents' Day holiday, maybe you didn't even know it was a holiday, right? Most people still worked, but it is a bank and government holiday in the US, so I just wanted to mention that, but the bigger holiday was Valentine's Day on last Friday. On Friday, I asked in my weekly e-mail if people loved or hated Valentine's Day. I got a mixed response. Some people were like 'Oh, I LOVE IT, I love the candy or going out to dinner'. I'm sure it being Friday night and Valentine's Day was a nightmare if people went out to dinner. Some people say 'I hate it; it's too much, the flowers cost too much, and people just overwork it.'

My opinion, if you want it, if you listen to this podcast for that reason, is it's probably a bit too commercial for me and most people, especially with the cost of flowers and the hype around it. I really think we should show those we love that we love them all the time and not wait for a holiday or something to remind us to do something nice. Take that for what it's worth. I hope you had a nice holiday, whether it was Valentine's Day, Presidents' Day, or both.

Next up, I want to talk about something exciting for me. I released a book last week on February 13. It's not necessarily a Renal Diet Headquarters book because it is about a topic related to diabetes. I know a lot of people have diabetes or know someone with diabetes. This book may be helpful to someone that you know who has diabetes. It's called Carbohydrate Controlled Diet: A Balanced Carb Blood Sugar Solution to Diabetes

Management. Right now, it is less than \$9 on Amazon. The link I'll give you if you want to go directly to see it and read a little more about it is www.RenalDietHQ.com/go/ccddiet. Again, www.RenalDietHQ.com/go/ccddiet and that will take you straight to the link on Amazon and you can read more about it. Let me tell you what the book is about. The book is about how to manage your diabetes with the carb counting method, so not exchanges necessarily, although it uses some of that thinking as well. It looks at counting the total carbs and adjusting for the fiber that a food has and using that to decide how much to eat. One thing I put in my books that I'm not always reminded to tell people is that, if you have diabetes, an easy way to remember how much to eat or how much should go on your plate is to think of your hand. The palm of your hand is going to be about 3 oz.; depending on how big you are it can be 4-5 oz. The size of a deck of cards is about the size of your palm and you can think about that as your meat portion. Your four fingers, up top, each one of those counts as a carbohydrate. Each carbohydrate is 15g, if you know your portion sizes. So, you have 15-30-45-60, so up to 60 g. of carbohydrate at that meal. Your thumb is about the size of the amount of butter or whatever you should use or oil that you should use at that meal. The rest of it can be just vegetables, so add a lot of vegetables to your plate.

This book goes into using whole grains, using the higher fiber items, eating whole fruits instead of just drinking juice, and eating a lot of vegetables. It gives you a way to make a plan to calculate how many calories you need and plan out your meals. At the end of it, and it has some recipes and worksheets. If you are interested in that, it is on sale right now. We are going to have it at \$9.00 for the next few weeks, after that we will probably raise the price probably to \$12-13, so you can save \$4-5 right now if you get it...now.

Now, did you like my new introduction? I had it on there last week and this week. Also, I will have a new close to the podcast. I am slowly learning more of the technical side about putting the podcast radio show together, so it won't be so boring. So, I just wanted to say 'Hey, did you like it?' and let me know if you want to send me an email at podcast@renaldiethq.com. I am always open to hearing your feedback.

This week, I am going to discuss is continuing on the theme of the Heart Healthy Month. I am talking about living with kidney disease and understanding that heart disease is a big part of having kidney problems because they are so inter-related. I am going to discuss the different types of cholesterol in our bodies and how they affect our heart disease risk. Cholesterol is one of the things that people find a little bit confusing. There are different kinds of cholesterol: total cholesterol, HDL, LDL, triglycerides. What does it all mean? So, I am going to get into that. If you want to know more about this topic, I have a book out about it and if you want to read more about how kidney disease and heart disease are connected, I am going to give you a link to my book. It is on Amazon and there is a Kindle and paperback version of it at renaldiethq.com/go/hearthealthy, all

together...hearthealthy. That will be in the show notes at renaldiethq.com/009, but it's heart healthy.

So, to start off with, I want to talk about 'What is cholesterol?'. Cholesterol is a waxy substance in your blood. Does that tell you a lot, probably not? It's also part of every cell in your body and it's necessary to make some hormones. So, people might think I need to get rid of all fat in my diet. I should never eat cholesterol. The reality is your body is going to make cholesterol via your liver, whether you eat another bite of cholesterol or not. Cholesterol only is contained in animal products because it is made by the liver of an animal; it's produced by your liver. Your body takes the fat in your food and produces cholesterol, so that then your blood cells and every cell in your body can take that cholesterol and convert it and use it to generate cells and make the hormones you need. For women, it makes progesterone and estrogen, and, in men, testosterone. There's adrenaline and all those other different hormones in our body. Cholesterol is part of that. Cholesterol is important and you are never going to totally eliminate it from your blood because your body is going to make it. If you were a vegetarian, you would probably would never eat it, but your body would still make it.

So, you probably know that too much is bad because most of us probably have too much. That number is over 200 mg/dL in the US. I know in Europe and other countries, they use the metric system and it's a little different. For the US, anything usually over 200 is considered high. That means that it's a problem because it can build up in your arteries and cause some blockages, narrowing of the arteries, causing a harder time for your blood cells to get through. The biggest problem is when that happens in your heart. I went and had a cardiac calcium scan done. What I didn't know before I investigated a calcium scan is that what that does is it analyzes the hardened plaque that is in your heart's arteries. The way it sees that is I guess calcium builds in with the plaque when it is building. It will show on this heart scan because it is going to show up like an x-ray, like a bone as calcium. They can tell how much blockage is in there that is hardened plaque because it shows up as calcium. So, they can tell which arteries and they get a real good picture of your heart. So, that's one of the problems with too much cholesterol.

Too little cholesterol can be a problem too, but I don't know that a lot of people have that problem. I was talking about total cholesterol when I said the number 200 or below. Total cholesterol is HDL LDL, triglycerides, and some other things added together. When your doctor gives you your labs, they're going to give you a lab sheet that has a lot of the different cholesterols lined out. To lower your risk of heart attack or stroke you want your total cholesterol to be less than 200. You want your HDL, which is considered to be your good cholesterol, to be 60 mg/dL or higher as a woman and 55 mg/dL or higher as a man. Now you're sitting there thinking, Mathea, you just said too much cholesterol is bad? I am going to tell you in a moment why you want HDL to be high.

HDL stands for High Density Lipoprotein. It is also known as the good cholesterol. Then, LDL, which is Low Density Lipoprotein, is the bad cholesterol. It should be low about 100 mg/dL or lower in someone with kidney disease. The reason for that is most of the time for healthy people it is 160 or below. If you have one risk factor it is like 130 or below. For the most part once you have kidney disease, you probably already have either heart disease or you already have diabetes, which gives you one risk factor and then you add kidney disease to that. That's two risk factors. That means that they need to keep that Low Density Lipoprotein, LDL, cholesterol below 100. That is really hard to do with diet alone and I'm not saying it is impossible, but it's really hard to do. I am going to talk to you about how you lower the LDL cholesterol. LDL is your bad cholesterol.

Triglycerides should be less than 150 mg/dL. Triglycerides are kind of the in between. When your body absorbs fat from your digestive system...if you think about the fact that oil and water do not really mix. What it does is your blood is water, so it takes that fat, which normally wouldn't mix with water, and puts it in like an encapsulated cell and brings it to the liver. The liver uses the triglycerides to turn them into cholesterol. So, triglycerides are just basically the fat from your food being able to mix in your bloodstream until your liver gets it processed. You want to keep those low. The way triglycerides get high are from the amount of simple sugars that you eat or alcohol that you drink. Both of those can elevate triglycerides. If you have diabetes and your blood sugar is high on a regular basis, your triglycerides are going to be high. It just keeps them in the bloodstream. So, you need to be careful and control your diabetes and your blood sugar, which I am sure you already knew.

Back to the discussion about HDL and LDL cholesterol. HDL is the good cholesterol. If you think about as like a garbage truck. This is how I like to explain it because it makes the most sense to me. HDL is like a garbage truck and LDL is the garbage or trash that your body lays around in the blood stream. So, LDL gets caught up in your blood vessels and sits there. It is what becomes the hardened plaque in your arteries. HDL goes around and picks up that trash and brings it back to the liver to be processed into hormones, blood cells, or other body cells. So, you want more garbage trucks, HDL, to pick up the garbage, LDL. The more ratio of HDL to LDL that you have, the better and healthier it is for you. The amount of estrogen that women have brings up the amount HDL, so, that's a good thing in women's part. That helps us to manage that a little better.

So, now you might want to know how to lower the cholesterol in your blood or lower your cholesterol levels. Most people end up taking some sort of medication, especially to get LDL down to that 100 or below. The thing that makes your LDL high is mainly the saturated and trans fat. Eating trans fat, which is fat that is hydrogenated. If you read the label it will say hydrogenated fats. Trans fat are also listed on labels and saturated

fat is listed out on a label too. If you can try to get less than 20g./day of saturated fat, you would be in good shape. Saturated is one of the things that significantly raises your cholesterol levels. The thing that raises HDL, besides being a woman, is the amount of exercise that you do. I'm sure you could read PREVENTION magazine or listen to Dr. Oz. and hear 50 foods that raise your HDL. Exercise raises your HDL levels. Exercising 3-4-5 times per week raises your HDL level. So, exercise a little more, especially with the permission of your doctor. Eat less saturated fat and those together will help to improve your cholesterol levels and lower your heart attack risk.

So, this week I talked to you about cholesterol and different types of cholesterol. We talked about total cholesterol. We talked about LDL, HDL, triglycerides, what levels you need to have, what you need to do to lower those levels, what you should eat more of and fiber - oatmeal, soluble fiber and insoluble fiber, which is like vegetables, fruits, and like oatmeal is insoluble/soluble fiber. The amount of dietary fiber you eat also helps to lower your cholesterol because it prevents that fat from being absorbed. It also seems to process some of that cholesterol. So, eating more dietary fiber can help you in more than one way. It can help you lower your cholesterol levels.

So, do that and I am looking forward to talking to you again next week. I thank you for your time this week. I hope you have a wonderful and joyous weekend.

You've been listening to the Renal Diet Headquarters podcast. Head on over to the website at www.RenalDietHQ.com/go/email to sign up for our email list and get exciting updates every week about what is happening. Thanks and we will talk to you again next week!!